

My name is Jennifer.
I am nine years old.
I have asthma but
asthma doesn't
have me.

Bridgeport's asthma hospitalization and emergency room visit rates are double the state rate*.

Asthma is significantly higher for Latino and Black children in Connecticut compared to whites*.

It's time to take control...

*For children on Husky A. Source: CT Dept. of Public Health's *Asthma in Connecticut 2005: A Surveillance Report*



Fairfield County
Environmental Justice
Network

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**Wheezing?
Persistent Cough?
Shortness of Breath?**

You or someone you love could have asthma.

- Call your doctor or call 2-1-1 to find a health center for medical care.
- Avoid asthma triggers.
- Take prescribed medications as ordered *even when you feel well.*
- Don't wait until it is too late.

*Paid for by funding from the Connecticut Department of Public Health -
Keeping Connecticut Healthy*

**Fact: Asthma kills
50 people a year in
Connecticut***

**You don't have
to be one...**

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The key to living with asthma is control.

*Control can reduce the need for
hospitalization in you.*

Use your rescue inhaler.

Avoid asthma triggers.

*Take preventive medication as directed,
even when you feel well.*

Control will help you live.

*For more information, call 203-362-1138 or visit
www.environmental-justice.org*